CENTRAL AND NORTH COAST, BRITISH COLUMBIA · CANADA

Great Bear Rainforest

The temperate rainforest, fjords and islands of British Columbia's central and north coast: spirit bears and grizzlies at the salmon rivers in autumn, coastal wolves on the beaches and humpbacks feeding in the channels.

88 animals 26 mammals, 45 birds, 4 amphibians, 6 fish and 7 other sea life

Best time: May to Jun, late Aug to Oct

Seen _____ of 88

01 Bears and land mammals 15

ANIMAL	DATE AND PLACE
☐ Black Bear	
☐ Spirit Bear	
☐ Grizzly Bear	
☐ Grey Wolf	
☐ Cougar (Mountain Lion) Rare	
☐ Wolverine Rare	
☐ Mountain Goat	
☐ Black-tailed Deer	
☐ Moose Rare	
☐ River Otter	
☐ American Mink	
☐ American Marten	
☐ North American Beaver	
☐ Raccoon	
☐ Douglas Squirrel	

02 Whales and sea mammals 11

ANIMAL	DATE AND PLACE
☐ Humpback Whale	
☐ Orca	
☐ Fin Whale Rare	
☐ Grey Whale Rare	
☐ Minke Whale Rare	
☐ Pacific White-sided Dolphin	
☐ Dall's Porpoise	
☐ Harbour Porpoise	
☐ Sea Otter	
☐ Harbour Seal	
☐ Steller Sea Lion	

03 Birds of prey 8

ANIMAL	DATE AND PLACE
☐ Bald Eagle	
☐ Osprey	
☐ Peregrine Falcon	
☐ Red-tailed Hawk	
☐ American Goshawk Rare	
☐ Great Horned Owl	
☐ Barred Owl	
☐ Northern Saw-whet Owl Rare	

04 Seabirds and water birds 23

ANIMAL	DATE AND PLACE
☐ Marbled Murrelet	
☐ Rhinoceros Auklet	
☐ Common Murre	
☐ Pigeon Guillemot	
☐ Ancient Murrelet Rare	
☐ Cassin's Auklet Rare	
☐ Tufted Puffin Rare	
☐ Sooty Shearwater	
☐ Pelagic Cormorant	
☐ Double-crested Cormorant	
☐ Glaucous-winged Gull	
☐ Short-billed Gull	
☐ Black Oystercatcher	
☐ Surf Scoter	
☐ White-winged Scoter	
☐ Harlequin Duck	
☐ Common Merganser	
☐ Common Loon	
☐ Pacific Loon	

Tick them off in Wilder

04 Seabirds and water birds — continued

ANIMAL	DATE AND PLACE
☐ Red-necked Grebe	
☐ Trumpeter Swan	
☐ Great Blue Heron	
☐ Belted Kingfisher	

05 Forest birds — 14

ANIMAL	DATE AND PLACE
☐ Steller's Jay	
☐ Common Raven	
☐ American Crow	
☐ Varied Thrush	
☐ Pacific Wren	
☐ Chestnut-backed Chickadee	
☐ Rufous Hummingbird	
☐ Sooty Grouse	
☐ Pileated Woodpecker	
☐ Red-breasted Sapsucker	
☐ Townsend's Warbler	
☐ Swainson's Thrush	
☐ American Dipper	
☐ Song Sparrow	

06 Amphibians — 4

ANIMAL	DATE AND PLACE
☐ Rough-skinned Newt	
☐ Western Toad	
☐ Pacific Tree Frog	
☐ Northern Red-legged Frog Rare	

07 Fish — 6

ANIMAL	DATE AND PLACE
☐ Pink Salmon	
☐ Chum Salmon	
☐ Coho Salmon	
☐ Sockeye Salmon	
☐ Chinook Salmon	
☐ Eulachon Rare	

08 Sea life — 7

ANIMAL	DATE AND PLACE
☐ Giant Pacific Octopus Rare	
☐ Ochre Sea Star	
☐ Sunflower Sea Star Rare	
☐ Giant Green Anemone	
☐ Lion's Mane Jellyfish	
☐ Pacific Moon Jelly	
☐ Dungeness Crab	

My trip

FROM _____ TO _____

TRAVELLING WITH _____

STAYING AT _____ SEEN _____ OF 88

FIRST ANIMAL WE SAW _____

BEST MOMENT _____

FIELD NOTES AND SKETCHES

KEEP IT IN WILDER

Tick them off in the app

Scan to open this checklist in Wilder. Add your photos, see your whole trip, earn badges and the Great Bear Rainforest passport stamp, and watch your life list grow.

A guide, not a guarantee: what you see depends on season, luck and patience. Give wildlife space and never feed it. Follow the local rules on distance.